

A woman with long dark hair, wearing a pink sweater and white pants, is smiling broadly and holding a smartphone. She has her right fist raised in a celebratory gesture. The background is a bright yellow grid. In the top left, there is a purple rectangular shape with three colored circles (yellow, green, orange) above it. In the top right, there is a white rectangular shape with an orange border and a green circle in the top right corner. The text 'PLANNING FOR FINANCIAL SUCCESS' is written in large, bold, black letters inside the white shape. Below it, the text 'PRINTED JUNE 2024' is written in smaller, black letters. A curved black line with two white starburst shapes at its ends loops around the woman's waist.

PLANNING FOR FINANCIAL SUCCESS

PRINTED JUNE 2024



Khushi
Rockhurst University



TAKE CHARGE OF YOUR FUTURE:

Focus on your finances.

Education and training beyond high school are not out of reach due to finances or any other reason.

Choosing a college or training and a career that is right for you can have a huge impact on your future. How you manage your money is equally important.

Smart financial decisions made today can keep you on the right path well into the future. Planning for financial success can help you reach your education and career goals.



LOOK INTO ALL FORMS OF FINANCIAL AID

Various financial assistance programs are available to help you fund your education. Scholarships, grants, work-study assignments, and loans are available to students of all ages and backgrounds. Consider all types of financial aid from federal, state, institutional, and local sources each step of the way.

Find out if you qualify for financial aid.



Tyler
Lincoln University

Federal student aid // *studentaid.gov*

- Federal Pell Grant
- Federal Supplemental Educational Opportunity Grant (FSEOG)
- Teacher Education Assistance for College and Higher Education (TEACH) Grant
- Iraq and Afghanistan Service Grant
- Federal Work-Study Program
- Direct Subsidized Loan
- Direct Unsubsidized Loan
- Direct PLUS Loans
 - Parents of dependent undergraduate students
 - Graduate and professional students


State student aid // *journeytocollege.mo.gov/pay/state-financial-aid/*

- A+ Scholarship
- Access Missouri Grant
- Advanced Placement Incentive Grant
- Bright Flight Scholarship
- Dual Credit/Dual Enrollment Scholarship
- Fast Track Workforce Incentive Grant
- Kids' Chance Scholarship
- Minority and Underrepresented Environmental Literacy Program
- Public Service Officer Survivor Grant
- Wartime Veteran's Survivors Grant

The first step for most of these programs is to complete and file a Free Application for Federal Student Aid (FAFSA) as soon as possible after the FAFSA opens for the 2024-25 academic year (fafsa.gov). File your FAFSA by the **Feb. 1 priority deadline** to be eligible for the Access Missouri Grant. You should also check to see if the college or university you plan to attend has an earlier priority deadline. Keep in mind that other state aid programs may have different deadlines. For more information, visit journeytocollege.mo.gov/pay/state-financial-aid/.

If you need assistance completing the FAFSA, free help is available through the FAFSA Frenzy program. To find out more information or look for events near you, visit journeytocollege.mo.gov/fafsa-frenzy/.

Check out these scholarship resources

- myscholarshipcentral.org
 - fastweb.com
 - bigfuture.collegeboard.org
 - collegescholarships.org
 - myscholly.com
- 

Identify and follow up on scholarships.

- Do as much research as you can and apply for every scholarship you may be eligible for.
- Follow Journey to College on social media for various scholarship opportunities and deadlines.
 -  JourneytoCollege
 -  Journey2College
 -  Journey2College
- Meet deadlines! Most programs have limited funding and may not even consider late applications.
- Seek out scholarships within your major.
- Contact the financial aid office at your college with any questions or concerns.

Know what it takes to keep your financial aid.

- For all forms of financial aid, be aware of GPA, enrollment status, and other requirements that must be met to keep receiving financial assistance each year.
- Don't forget, your FAFSA must be filed every year you are in school.

● CONSIDER STUDENT LOANS CAREFULLY

Manage your student loans

Keep records regarding your loan(s). Make copies of all letters, canceled checks, receipts, and any forms you sign.

If you have a Direct Subsidized Loan, the federal government will pay the interest on that loan while you are continuously enrolled at least half-time or in deferment.

If you have Direct Unsubsidized Loan, interest will begin accruing immediately after the first disbursement. It will continue to accrue until the principal balance of the loan is paid in full. So, while it is not mandatory, you are encouraged to make interest payments on Direct Unsubsidized Loans while you are still in school. If you do not, the loan will cost you significantly more in the long run.

Access your federal student loan account by logging in to *studentaid.gov* with your FSA ID (account username and password). You can view your total debt, loan servicer(s), interest rate, and other account information. You may also get this information by calling 800-4-FED-AID. You will need your FSA ID to access your loan record (*studentaid.gov*).

Be sure to contact your loan servicer(s) about any changes in your enrollment status or anything that may affect your ability to repay your loan. These changes include changing your address or name, transferring to another school, leaving school, or graduating.

Repay your student loans

Remember, when you accept a student loan, you agree to repay the loan even if you do not graduate, are unable to obtain employment, or are not satisfied with your education. Your loan servicer should inform you of your repayment terms before you enter repayment. Your account will be placed on the Standard Repayment Plan unless you request a different plan from your loan servicer.

To determine which repayment plan is best for you, use the Loan Simulator at *studentaid.gov/loan-simulator/*.

There are no penalties for pre-paying your student loans before they officially go into repayment. For more information on these repayment plans, visit *studentaid.gov/manage-loans/repayment/plans*.

Fixed Repayment Plans

**Income-Driven
Repayment (IDR) Plans**

Avoid default

Communication with your loan servicer(s) and the use of smart financial practices will help steer you away from defaulting on your student loan. Unlike consumer debt, there is no statute of limitation on collecting federal student loan debt. Defaulting on a student loan can result in the following consequences:

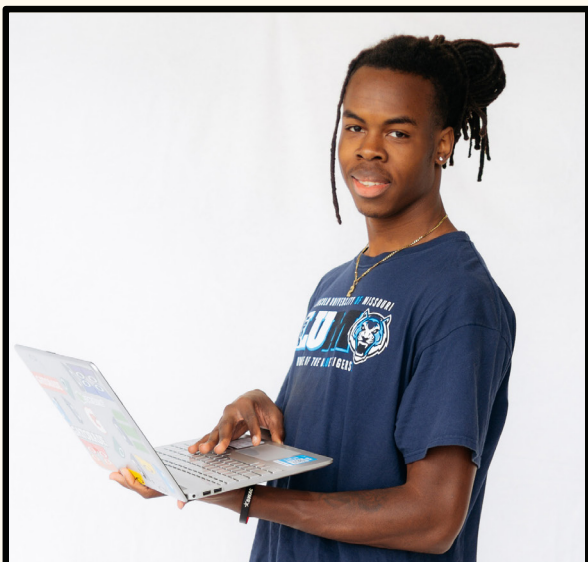
- Damage to your credit rating
- Garnishment of your wages
- Withholding of your state or Federal Treasury payments (including tax refunds, Social Security benefits, etc.)
- Loss of professional licenses
- Civil lawsuit, with liability for court costs and/or legal expenses
- Loss of deferment entitlements and flexible repayment options
- Loss of eligibility for further financial aid
- Referral of your account to a collection agency, with liability for collection costs
- Requirement to pay the loan(s) in full
- Denial of employment
- Hold placed on your official college transcript

College can be expensive - so plan for financial success

1. **Set a goal to limit the amount of money you borrow for your education, and ultimately, have to pay back.**
2. **You're in control and can reject loan amounts presented to you in your college financing offer.**
3. **Borrow only what you need and understand the repayment requirements.**
4. **Reduce costs and stay on track by following an academic plan to graduate on time.**

Overall, total outstanding consumer debt grew to \$17.1 trillion in 2023, up 4.4% from 2022. Student loan debt declined to \$1.388 trillion. (Experian, Nerd Wallet)





Xzavier
Lincoln University

Live like a college student now, so you don't have to later. It might seem a little cliché, but this expression offers sensible advice. While you may dream of making big bucks upon graduation, don't start spending money as if you've already landed a great paying job. There are some basic things you can do today to help yourself in the future.

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LIVE LIKE A COLLEGE STUDENT

Be aware of your spending.

- Keep track of everything running through your checking account at your bank and your student account at your school.

Be smart with your credit cards and other lines of credit.

- Charge only the amount you expect to be able to pay when your billing statement comes each month. Sign up for email / text notifications about billing so payments are not missed.
- Never let anyone borrow your card.
- Limit the number of accounts you have to one or two to make keeping track easier.

Avoid overspending on food.

- If you live on campus, choose the meal plan that is best for your needs.
- If you live off campus, make a trip to the grocery store to stock up instead of overspending at restaurants or on take-out from a food delivery service.

Take advantage of student discounts and resources.

- Ask for special student offers; it usually involves no more than showing your school ID card.
- Check to see if your school has a financial counseling program for more resources on student money matters.

Curb your vending machine usage.

- Spending just a dollar a day in vending machines will cost over \$250 more per year than purchasing the same amount of snacks from a grocery store.

Stay away from rent-to-own stores, pawn shops, payday and title loans, buy now pay later apps, and check cashing stores.

- The money you get today will cost you much more tomorrow when you add the fees, interest, etc.

Consider all costs when thinking about moving off campus.

- Make sure you weigh all the costs of off-campus living, not just the cost of rent.
- Security deposits, utilities, food, cooking supplies, cleaning materials, furnishings, insurance, and basic household items should all factor into your decision and your future budget.

Talk to your roommates about money.

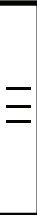
- Make sure it is clear up front what each person's responsibilities are.
- Know what is shared and what you need to provide or contribute.

Visit your school's student employment office.

- Campus jobs often have flexible work hours and save you the expense of commuting to an off-campus location.
- A campus job that relates to your major can also be a nice addition to your resume.

Make a plan to graduate on time.

- An extra year in college can increase your education expenses by thousands of dollars. Complete 15 or more credit hours per semester to graduate with an associate degree in two years or a bachelor's degree in four years. Learn more at journeytocollege.mo.gov/finish/complete-your-degree/15-to-finish/.



MANAGE YOUR MONEY



Tyesha
Missouri Valley College

MANAGE YOUR BANK ACCOUNT WISELY

Record all transactions immediately.

- Keep track of every single purchase, payment, and cash withdrawal you make. Forgetting may mean the difference between having enough money to get through to the end of the month or coming up short.
- Check your balance online (and often), but do not automatically assume the account balance you see on your ATM receipt or your bank's website is up to date. It can often take a day or even a week for transactions to hit your account.

Watch for ATM and debit card fees.

- Know if you will be charged a service fee for using other banks' ATMs.
- If you are moving away for school, consider getting a local account if you anticipate heavy ATM use.
- Some accounts charge a fee for using a debit card as a debit transaction. Treating these purchases as credit transactions (when using your card) may help you avoid the fee.

Safeguard your account information.

- Sign the back of your debit card, memorize your unique personal identification number, and keep the card in a safe place that only you can access.
- Be wary of phishing attempts that seek to gain your personal information online. If you receive an email that looks like it's from your bank, do not click on links within the email message, and never provide details about your account. Contact your bank directly to verify its authenticity.

Check your account regularly.

- Make sure there are no unusual or unauthorized transactions. Contact your bank with any questions.

CREATE A SAVINGS PLAN

Taking charge of your finances should involve saving money.

Make it happen by paying yourself first.

- When you receive your paycheck or other money, deposit or electronically transfer a portion of the funds into your savings account.
- Ask your employer to directly deposit some of your earnings into your savings account.
- Save loose change in a jar and set a goal for how much you want to collect. At the end of each month, deposit your collection into your savings account.

Watch your savings grow.

- Even very small sums of money add up ... over time ... with interest. The interest that you earn today is added to your savings total, further increasing the amount of interest you earn in the future.
- Consider opening a high-yield savings account to grow your savings with higher interest rates.

Get a jump-start on fall tuition with a summer job or paid internship.

- Make arrangements to have some of your paycheck deposited into a back-to-school savings account. By completing this simple task, you may not need to take out additional loans.
- Having a part-time job or internship while in school may help you earn a higher starting salary upon graduation.
- Visit mointernconnect.com to find internships that match your skills and interests.

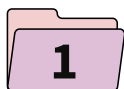
MOST 529 Account

- You can start a college savings plan that offers tax advantages even while you're going to college. MOST 529 is a state-sponsored plan that can be used for college tuition, certain housing expenses, books, supplies, and other qualifying higher education expenses. Find out more at missourimost.org/.



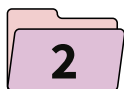


LEARN TO CREATE AND USE A BUDGET



Know how much money you have coming in.

- Employment
- Family
- Financial aid (scholarships, grants, loans)
- Other



Know how much money you have going out and the due dates.

- Tuition
- Living expenses
- Books
- Fees
- Transportation costs
- Insurance
- Subscription expenses
- Savings



Establish a budget that works for you.

- Think of your budget as a spending plan — a way to be aware of how much money you have, where it needs to go, and how much is left over.
- If your income does not cover your expenses, you will need to adjust your budget (and your spending) by deciding which expenses can be reduced and/or how your income can be increased.



Be realistic. Keep it simple. Give it time.

- Do not cut basic necessities or make your budget so restrictive that it becomes a chore instead of a useful tool.
- You may need to make adjustments the first few months, but you will get the hang of it. Your budget will prove itself over the long term if you reevaluate as your income increases and circumstances change.

Use the monthly budget pages in this resource to make a spending plan and keep track of where your money is going. By writing down how much you spend on food and entertainment, you may be surprised at the expenses you could cut. Once you become aware of where each dollar is spent, try adjusting your budget to put more money into savings or to borrow less for your education. Find more budget assistance at journeytocollege.mo.gov/pay/manage-your-money/.



BUDGETING APPS

Using a budget app keeps your finances at your fingertips. Here are a few popular budgeting apps to check out.



MANAGING YOUR MONEY **Rocket Money**

- Free
- Build a budget through individual expense categorization
- Create savings goals
- Connect banking accounts
- Lets you cut unwanted subscriptions



GETTING OUT OF DEBT **You Need a Budget (YNAB)**

- Helps you live within your actual income
- Acts as an “accountability partner”
- Online classes with live instructor
- Weekly, monthly, and project budgets



TRACKING EXPENSES **Expensify - Expense Tracker**

- Free
- Take a photo of your receipts
- Tracking personal and professional expenses



PAINLESS SAVING **Acorns: Invest Spare Change**

- Connect cards
- Purchases are rounded to highest dollar and automatically invested into a portfolio



EASY BUDGETING **EveryDollar**

- Free version
- List expected income, savings, and expenses in designated categories
- Keep track of money spent
- See stats about where your money is going over time



USE CREDIT CARDS RESPONSIBLY



**Khalia
Crowder College**

Any time you use a credit card, you are borrowing money.

- If you do not pay off your balance each month, interest will be added to the total amount you owe.
- The average credit card interest rate is over 20%. (Federal Reserve Bank)

Think before getting your first credit card.

Do you really need a credit card or would another option work just as well?

- Debit card — deducts charges directly from your checking account so you only spend money you have.
- Secured credit card — works similar to a credit card, except that a savings account is established specifically for the card to make payments if you do not.
- Waiting — just put off the decision for six months or a year and see how well you do without a credit card.

Choose wisely.

When selecting a credit card, you should shop around for the best deal. Compare different cards based on your own situation. Look for the following:

- Low fixed annual percentage rate
- Interest calculation method
- Low or no annual fees
- All other charges (late payment fees, transaction fees, over-the-limit fees, etc.)
- Grace period
- Credit limit
- Services and features (cash rebates, frequent flyer miles, extended warranties, etc.)

Keep just one card.

It will be easier to monitor spending.

Consider ways you can track your expenses.

- Check your account online frequently.
- Save receipts.

Photocopy the front and back of your card or keep a record of the following in case your card is lost or stolen:

- Account number
- Issuer's name
- Issuer's phone number

The bottom line — do not spend more than you can afford to pay on a monthly basis.

- Wise use of your credit cards will help you establish a solid credit rating and avoid financial problems.
- Find a credit card that best fits your financial needs at bankrate.com/credit-cards.



REVIEW YOUR CREDIT REPORT

Know if you have a credit report.

You have a credit report if you have ever applied for any of the following:

- Credit card
- Student loan
- Auto loan
- Mortgage

Understand who looks at your credit report.

- Potential creditors
- Landlords
- Potential and current employers
- Government licensing agencies
- Insurance underwriters

Recognize what these entities are asking.

- How promptly do you pay your bills?
- How many credit cards do you have?
- What is the total amount of credit extended to you?
- How much do you owe on all of your accounts?

Be aware of the consequences of credit mistakes.

Any negative information found on your credit report (late payments, bankruptcies, too much debt) can have a serious impact on your ability to:

- Get credit (i.e. a bank loan or credit card)
- Get a new job
- Advance in your current job
- Rent or buy a home

Know what is on your credit report.

- Personal identifying information
- Credit account information
- Public record information
- Inquiries

Be aware of how long information stays on your credit report.

- Positive information — indefinitely
- Inquiries — six months to two years
- Most negative information — seven years
- Some bankruptcies — 10 years

Your credit report is a collection of information about you and your credit history, and it can have a major impact on your life.

Request your FREE credit report.

AnnualCreditReport.com

- You are entitled to one free credit report a year from each of the three credit reporting agencies — Equifax, TransUnion, and Experian.
- Be wary of websites with similar names that may require you to pay for a service in order to receive your free credit report.

Check your three credit reports at least once a year.

- Check all three at once, or one at a time throughout the year.
- Make sure the information is accurate.
- Notify the credit reporting agency if you find information that is not accurate.

Know your credit score.

- Your credit report is free, but you may have to pay to receive a credit score.
- Various components of your credit history are evaluated to determine your credit score, including:
 - Payment history
 - Outstanding credit owed
 - Length of time your credit has been active
 - Types of credit you have
 - Acquisition of new credit

Improve your credit score.

If you have had financial problems, take these steps to clean up your credit:

- Pay off your current debt.
- Make your payments on time.
- Do not sign up for any new credit cards.
- Stop using your credit cards for new purchases.
- Keep your oldest account open, even if you no longer use it.

Identity theft victims lose billions of dollars each year in the United States. Perpetrators use someone else's personally identifying information to commit fraud, including borrowing money in another person's name. Victims of identity theft often face debt and credit problems that require extensive time and effort to sort out.

In 2023, there were more than 1 million reports of identity theft received through the FTC's IdentityTheft.gov website. Unfortunately, college students are often easy targets. Don't become a statistic!



● PREVENT IDENTITY THEFT

Keep your information safe.

- Protect your Social Security number
- Do not give out personal information unless you know who you are speaking with
- Shred financial and personal information
- Use firewalls, anti-spyware and anti-virus software on your electronic devices
- Do not use obvious passwords.
- Keep your personal information in a secure place
- If you pay bills by mail, send your payments through a postal mailbox instead of leaving it for a carrier in your home mailbox
- Use 2-factor authentication

Monitor your financial information.

Review your financial accounts and statements on a regular basis. Request a free copy of your credit report at *AnnualCreditReport.com* every year and review it. Be alert to the following items that require immediate attention:

- Statements containing purchases you did not make
- Calls or letters about purchases you did not make
- Bills that do not arrive as expected
- Unexpected credit cards or account statements
- Denials of credit for no apparent reason

Act quickly when you suspect identity theft.

Review the Federal Trade Commission's information at consumer.ftc.gov/features/identity-theft on what to know and what to do in the case of identity theft. You should also understand identity theft as it relates to student loans and financial aid.

For instance, you would not be responsible for a federal student loan if it was falsely certified as a result of the crime of identity theft.

It is important to check your Federal Student Aid account regularly while you are in school to make sure that you have actually received all/any financial aid listed for you. If you have any suspicions of fraud or identity theft, contact the Office of the Inspector General at the U.S. Department of Education (<https://www2.ed.gov/about/offices/list/oig/hotline.html>).



DETERMINE YOUR FUTURE EARNING POTENTIAL

Does your financial plan include a realistic idea of the salary you will be earning after college? Log on to Missouri Connections (missouriconnections.org) to get a feel for the salary it will take to live the life you are planning. You can find state and national salary averages for a number of professions under “Occupational Profiles.”

It is recommended that your monthly student loan payment be no more than 8 percent of your monthly gross earnings.

Why should you think about this now? Reasonable expectations about your future income can help you make practical financial choices. This repayment chart will help you determine the salary you will need to earn in order to make your student loan payments.

Total amount borrowed	Minimum payment	Total interest paid	Minimum annual salary needed	Minimum hourly salary needed	
\$5,000	\$57.54	\$1,904.83	\$8,631	\$4.15	
\$7,500	\$86.31	\$2,857.24	\$12,946	\$6.22	
\$10,000	\$115.08	\$3,809.66	\$17,262	\$8.30	
\$12,500	\$143.85	\$4,762.07	\$21,577	\$10.37	
\$15,000	\$172.62	\$5,714.49	\$25,893	\$12.45	
\$17,500	\$201.39	\$6,666.90	\$30,208	\$14.52	
\$20,000	\$230.16	\$7,619.31	\$34,524	\$16.60	
\$25,000	\$287.70	\$9,524.14	\$43,155	\$20.75	
\$30,000	\$345.24	\$11,428.97	\$51,786	\$24.90	
\$35,000	\$402.78	\$13,333.80	\$60,417	\$29.05	
\$42,500	\$489.09	\$16,191.04	\$73,363	\$35.27	
\$57,500	\$661.71	\$21,905.53	\$99,256	\$47.72	
\$65,000	\$748.02	\$24,762.77	\$112,203	\$53.94	
\$72,500	\$834.33	\$27,620.01	\$125,149	\$60.17	

As you begin making long-range goals for your future and your finances, take a look at salaries and the projected employment for 20 of Missouri's fastest growing occupations from 2020–2030.

Occupation Title	Annual Openings	Average Annual Wage	
Information Security Analysts	352	\$91,210	
Personal Care Aides	12,217	\$23,020	
Physician Assistants	108	\$94,480	
Nurse Practitioners	416	\$102,470	
Electricians	1,021	\$61,490	
Genetic Counselors	4	\$72,780	
Respiratory Therapists	297	\$56,320	
Occupational Therapy Assistants	116	\$57,310	
Software Developers, Applications	1,710	\$93,880	
Computer & Info. Research Scientists	29	\$96,810	
Statisticians	104	\$71,150	
Physical Therapist Assistants	376	\$53,150	
Speech-Language Pathologists	293	\$77,790	
Health Specialties Teachers	548	\$148,840	
Diagnostic Medical Sonographers	105	\$73,920	
Phlebotomists	386	\$31,320	
Nursing Instructors and Teachers	138	\$77,540	
Operations Research Analysts	158	\$77,210	
Subs. Abuse, Behav., & Mental Counsel.	994	\$38,150	
Computer Controlled Tool Program	83	\$55,050	
Source: https://meric.mo.gov/workforce-research/occupational-projections			

EXPLORE CAREER OPTIONS

Choosing a career can be a challenge. To help with this decision, the “Missouri Career Grades 2020–2030” report shows which occupations have the best outlook over the next several years. Occupations are graded A through C. Grades are based on a combination of job openings, percent growth, and average wages. The complete report can be found at meric.mo.gov/media/pdf/career-grades-statewide. The following charts show the occupations with the best outlook and those with the most job openings.

Grade A careers

These careers have the best outlook with average or above projected growth rates, total openings, and wages when compared to all occupations in the state. These occupations are expected to grow at nearly double the rate of the state average over the next decade. Grade A careers cover a wide range of career opportunities and require short, medium, and long-term education and training.

Grade B careers

These careers account for the largest number of current Missouri workers and are projected to produce the largest number of total openings from 2020 to 2030. The average annual wage for these careers is slightly below the state average and openings will occur at all levels of education and training.

Grade C careers

These careers represent a large portion of Missouri’s current workforce and are expected to experience a smaller-than-average growth during the projected period and require a lower level of education and training.

Before choosing a career:

- Think about the type of education or training required for a chosen career. Do your research and decide on a major or program you can stick with. Changing your course of study could increase the time it takes to finish school and, in turn, the cost of your education.
- Use the College and Degree Search (collegesearch.mo.gov) and MoSCORES (scorecard.mo.gov/search).
- Consider the total cost of your educational program compared to the potential salary you will earn. Keep your future salary in mind when deciding what you can afford to borrow (and repay) in student loans while attending school.

Top job OUTLOOK — Statewide

Most job OPENINGS — Statewide

B+ Combined Food Prep. & Service Workers

Openings: 15,919

Average wage: \$21,110

A Personal Care Aides

Openings: 12,217

Average wage: \$23,020

B Waiters and Waitresses

Openings: 9,479

Average wage: \$21,420

B Laborers & Freight, Stock, and Mat. Mov.

Openings: 6,985

Average wage: \$31,360

B Customer Service Representatives

Openings: 6,723

Average wage: \$35,020

B Janitors and Cleaners, Except Maids

Openings: 6,129

Average wage: \$27,470

B+ Heavy and Tractor-Trailer Truck Drivers

Openings: 5,871

Average wage: \$45,070

A+ Registered Nurses

Openings: 5,525

Average wage: \$65,130

B Stock Clerks and Order Fillers

Openings: 5,226

Average wage: \$27,320

B Nursing Assistants

Openings: 5,176

Average wage: \$25,930

B+ Combined Food Prep. & Service Workers

Openings: 15,919

Average wage: \$21,110

C+ Cashiers

Openings: 13,768

Average wage: \$22,050

A Personal Care Aides

Openings: 12,217

Average wage: \$23,020

C+ Retail Salespersons

Openings: 11,574

Average wage: \$28,030

B Waiters and Waitresses

Openings: 9,479

Average wage: \$21,420

C+ Secretaries and Admin. Assistants

Openings: 7,069

Average wage: \$35,010

B Laborers & Freight, Stock, and Mat. Mov.

Openings: 6,985

Average wage: \$31,360

B Customer Service Reps.

Openings: 6,723

Average wage: \$35,020

B Janitors and Cleaners, Except Maids

Openings: 6,129

Average wage: \$27,470

B+ Heavy and Tractor-Trailer Truck Drivers


Openings: 5,871

Average wage: \$45,070

SEEK HELP WHEN YOU NEED IT!

Maybe you have tried everything, but you are still having difficulty paying your bills on time. It may be time to speak to a professional credit counselor.

Consumer credit counseling calls and sessions are confidential. If you need help paying bills, call your bill holder—they don't want to not get paid and they will likely work with you and your budget.

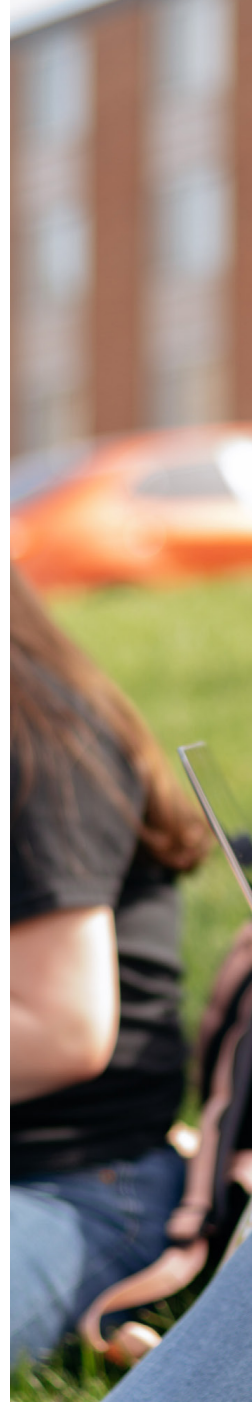


A credit counselor can help you deal with:

- Financial responsibilities
- Creditor calls
- Pending consumer legal action against you
- Purchasing a home
- Bankruptcy
- Repairing and rebuilding your credit
- Reading credit reports
- Getting back on the road to financial success

Search for a reputable credit and debt counseling agency online or contact the Financial Counseling Association of America (fcaa.org) or the National Foundation for Credit Counseling (nfcc.org). Be sure to choose a nonprofit organization.

If you are having trouble making your federal student loan payments, contact your servicer(s) immediately to learn about your repayment options. Log in to your account at studentaid.gov to find loan servicer contact information.





Sarah
University of Missouri - Kansas City

HELPFUL LINKS

Annual Credit Report // AnnualCreditReport.com

Budget and Goals // practicalmoneyskills.com/resources/financial_calculators

Compare Credit Cards // bankrate.com

Consumer Financial Protection Bureau (CFPB) // consumerfinance.gov/paying-for-college/

FAFSA Frenzy // journeytocollege.mo.gov/fafsa-frenzy/

Federal Student Aid // studentaid.gov

Federal Trade Commission's Scholarship Scams // consumer.ftc.gov/articles/0082-scholarship-and-financial-aid-scams

Financial Counseling Association of America // fcaa.org

Financial Football // practicalmoneyskills.com/en/play/financial_football.html

Financial Literacy Month // financialliteracymonth.com

Free Application for Federal Student Aid // fafsa.gov

Mapping Your Future // mappingyourfuture.org

Missouri career grades report // meric.mo.gov/media/pdf/career-grades-state-summary

Missouri Connections // missouriconnections.org

Missouri Department of Higher Education & Workforce Development // dhewd.mo.gov

- dhewd.mo.gov/ppc/grants
- journeytocollege.mo.gov/pay
- jobs.mo.gov
- meric.mo.gov
- scorecard.mo.gov/search

Missouri State Treasurer's Financial Literacy Portal // treasurer.mo.gov/financial-literacy/

Missouri's occupational projections // meric.mo.gov/workforce-research/occupational-projections











National Foundation for Credit Counseling // nfcc.org

Practical Money Skills // practicalmoneyskills.com

Savings and Investments // practicalmoneyskills.com/calculators &
annuity.org/financial-literacy

U.S. Department of Veterans Affairs // va.gov

10 WAYS TO GRADUATE WITH LESS DEBT

-  **1** Complete the FAFSA each year.
-  **2** Understand the federal grants available to you.
-  **3** Research state scholarship and grant programs.
-  **4** Apply for institutional scholarships.
-  **5** Explore private scholarships.
-  **6** Inquire about work programs available on your campus.
-  **7** Set up a payment plan for your tuition.
-  **8** Secure summer or part-time employment.
-  **9** Invest in MOST, Missouri's 529 college savings plan.
-  **10** Live like a college student now, so you don't have to later.

Let's get started!

Use the following pages to keep track of your income, regular expenses, and to plan out your monthly budgets. Use the fill-in calendar to stay on top of financial deadlines and other important dates.



MONTHLY BUDGET

REGULAR + EXTRA INCOME

MONTH:

TOTAL INCOME:

\$

- TOTAL EXPENSES:

\$

= SPENDING BUDGET:

\$

MONTHLY BILLS

REGULAR INCOME

EXTRA INCOME:

MONTHLY SAVINGS GOALS:

MONTHLY EXPENSES

MONTHLY BILLS:

AMOUNT:

[illegible]

EXPENSE TRACKING

DESCRIPTION

DATE _____

\$ AMOUNT

[illegible]

TRANSFER FROM -
MONTHLY BUDGET

ARE YOU OVER
OR UNDER YOUR
MONTHLY SPENDING
BUDGET?

TOTAL SPENT:

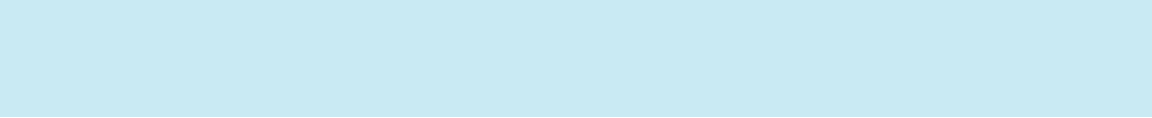
\$

SPENDING BUDGET:

\$

DIFFERENCE:

\$



SUNDAY

MONDAY

TUESDAY

WEDNESDAY



MONTH.

[illegible]

MONTHLY BUDGET

MONTH:

TOTAL INCOME:

\$

- TOTAL EXPENSES:

\$

= SPENDING BUDGET:

\$

REGULAR INCOME

EXTRA INCOME:

MONTHLY SAVINGS GOALS:

MONTHLY EXPENSES

MONTHLY BILLS:

AMOUNT:

[illegible]

EXPENSE TRACKING

[illegible]

TOTAL SPENT:

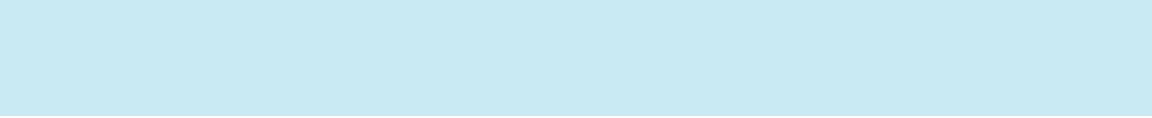
\$

SPENDING BUDGET:

\$

DIFFERENCE:

\$



SUNDAY

MONDAY

TUESDAY

WEDNESDAY



MONTH.

[illegible]

MONTHLY BUDGET

MONTH:

TOTAL INCOME:

\$

- TOTAL EXPENSES:

\$

= SPENDING BUDGET:

\$

REGULAR INCOME

EXTRA INCOME:

MONTHLY SAVINGS GOALS:

MONTHLY EXPENSES

MONTHLY BILLS:

AMOUNT:

[illegible]

EXPENSE TRACKING

[illegible]

TOTAL SPENT:

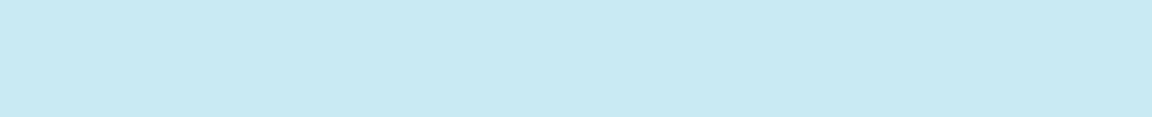
\$

SPENDING BUDGET:

\$

DIFFERENCE:

\$



SUNDAY

MONDAY

TUESDAY

WEDNESDAY



MONTH.

A 4x3 grid of yellow circles with black outlines. The grid is formed by four horizontal and three vertical dotted lines. The circles are positioned at the intersections of these lines, with one circle in each of the 12 resulting rectangular cells. To the right of the grid, there are four horizontal dotted lines, each spanning the width of the grid.

MONTHLY BUDGET

MONTH:

TOTAL INCOME:

\$

- TOTAL EXPENSES:

\$

= SPENDING BUDGET:

\$

REGULAR INCOME

EXTRA INCOME:

MONTHLY SAVINGS GOALS:

MONTHLY EXPENSES

MONTHLY BILLS:

AMOUNT:

[illegible]

EXPENSE TRACKING

[illegible]

TOTAL SPENT:

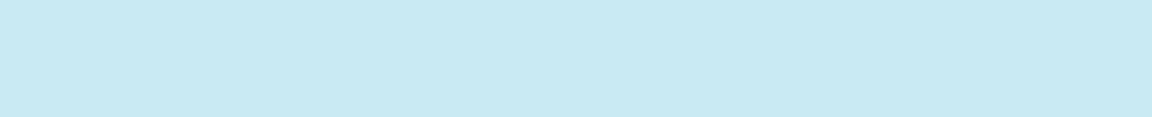
\$

SPENDING BUDGET:

\$

DIFFERENCE:

\$



SUNDAY

MONDAY

TUESDAY

WEDNESDAY



MONTH.

A 4x3 grid of yellow circles with black outlines. The grid is formed by four horizontal and four vertical dotted lines. The circles are located at the intersections of these lines, specifically at the intersections of the first three horizontal lines with the first three vertical lines. The rightmost vertical dotted line is followed by a series of horizontal dotted lines extending to the right edge of the page.

MONTHLY BUDGET

MONTH:

TOTAL INCOME:

\$

- TOTAL EXPENSES:

\$

= SPENDING BUDGET:

\$

REGULAR INCOME

EXTRA INCOME:

MONTHLY SAVINGS GOALS:

MONTHLY EXPENSES

MONTHLY BILLS:

AMOUNT:

[illegible]

EXPENSE TRACKING

[illegible]

TOTAL SPENT:

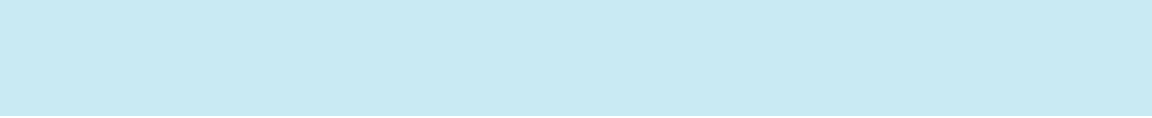
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SPENDING BUDGET:

\$

DIFFERENCE:

\$



SUNDAY

MONDAY

TUESDAY

WEDNESDAY



MONTH.

[illegible]

MONTHLY BUDGET

MONTH:

TOTAL INCOME:

\$

- TOTAL EXPENSES:

\$

= SPENDING BUDGET:

\$

REGULAR INCOME

EXTRA INCOME:

MONTHLY SAVINGS GOALS:

MONTHLY EXPENSES

MONTHLY BILLS:

AMOUNT:

[illegible]

EXPENSE TRACKING

DESCRIPTION

DATE

\$ AMOUNT

[illegible]

TOTAL SPENT:

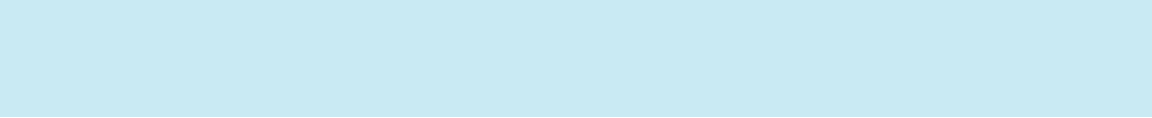
\$

SPENDING BUDGET:

\$

DIFFERENCE:

\$



SUNDAY

MONDAY

TUESDAY

WEDNESDAY



MONTH.

[illegible]

MONTHLY BUDGET

MONTH:

TOTAL INCOME:

\$

- TOTAL EXPENSES:

\$

= SPENDING BUDGET:

\$

REGULAR INCOME

EXTRA INCOME:

MONTHLY SAVINGS GOALS:

MONTHLY EXPENSES

MONTHLY BILLS:

AMOUNT:

[illegible]

EXPENSE TRACKING

[illegible]

TOTAL SPENT:

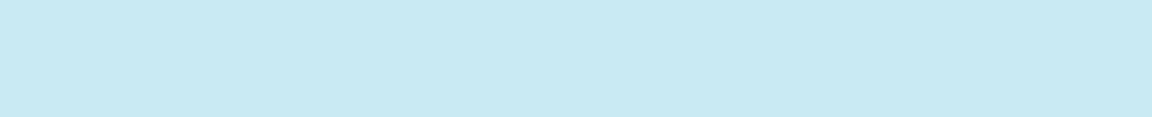
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SPENDING BUDGET:

\$

DIFFERENCE:

\$



SUNDAY

MONDAY

TUESDAY

WEDNESDAY



[illegible]

MONTHLY BUDGET

MONTH:

TOTAL INCOME:

\$

- TOTAL EXPENSES:

\$

= SPENDING BUDGET:

\$

REGULAR INCOME

EXTRA INCOME:

MONTHLY SAVINGS GOALS:

MONTHLY EXPENSES

MONTHLY BILLS:

AMOUNT:

[illegible]

EXPENSE TRACKING

[illegible]

TOTAL SPENT:

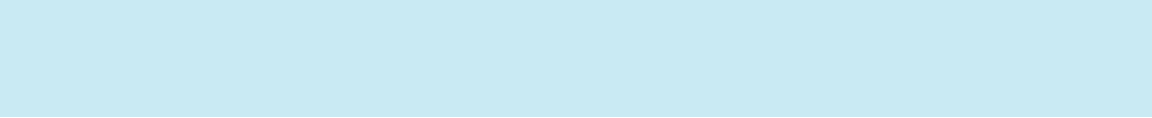
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SPENDING BUDGET:

\$

DIFFERENCE:

\$



SUNDAY

MONDAY

TUESDAY

WEDNESDAY



[illegible]

MONTHLY BUDGET

MONTH:

TOTAL INCOME:

\$

- TOTAL EXPENSES:

\$

= SPENDING BUDGET:

\$

REGULAR INCOME

EXTRA INCOME:

MONTHLY SAVINGS GOALS:

MONTHLY EXPENSES

MONTHLY BILLS:

AMOUNT:

[illegible]

EXPENSE TRACKING

[illegible]

TOTAL SPENT:

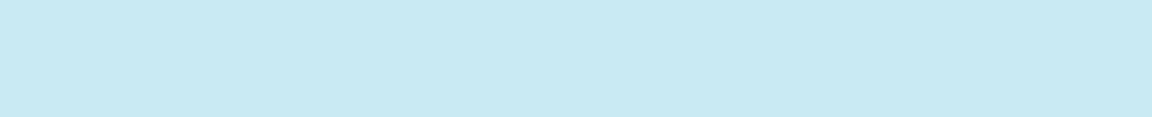
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SPENDING BUDGET:

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DIFFERENCE:

\$



SUNDAY

MONDAY

TUESDAY

WEDNESDAY



[illegible]

MONTHLY BUDGET

MONTH:

TOTAL INCOME:

\$

- TOTAL EXPENSES:

\$

= SPENDING BUDGET:

\$

REGULAR INCOME

EXTRA INCOME:

MONTHLY SAVINGS GOALS:

MONTHLY EXPENSES

MONTHLY BILLS:

AMOUNT:

[illegible]

EXPENSE TRACKING

[illegible]

TOTAL SPENT:

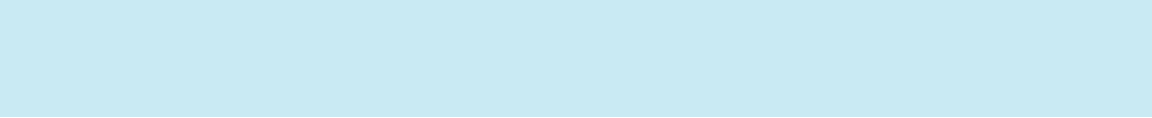
\$

SPENDING BUDGET:

\$

DIFFERENCE:

\$



SUNDAY

MONDAY

TUESDAY

WEDNESDAY



[illegible]

MONTHLY BUDGET

MONTH:

TOTAL INCOME:

\$

- TOTAL EXPENSES:

\$

= SPENDING BUDGET:

\$

REGULAR INCOME

EXTRA INCOME:

MONTHLY SAVINGS GOALS:

MONTHLY EXPENSES

MONTHLY BILLS:

AMOUNT:

[illegible]

EXPENSE TRACKING

[illegible]

TOTAL SPENT:

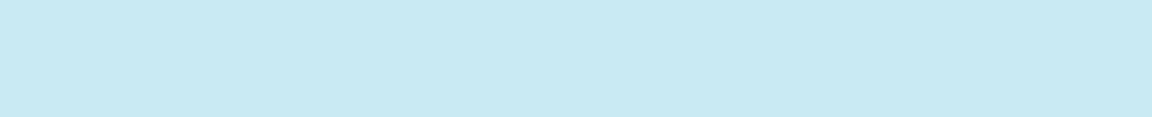
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SPENDING BUDGET:

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DIFFERENCE:

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SUNDAY

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TUESDAY

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MONTH.

[illegible]

MONTHLY BUDGET

MONTH:

TOTAL INCOME:

\$

- TOTAL EXPENSES:

\$

= SPENDING BUDGET:

\$

REGULAR INCOME

EXTRA INCOME:

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MONTHLY EXPENSES

MONTHLY BILLS:

AMOUNT:

[illegible]

EXPENSE TRACKING

[illegible]

TOTAL SPENT:

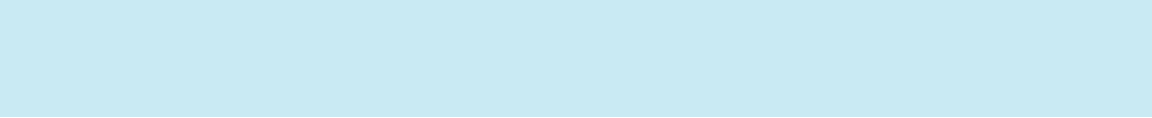
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SPENDING BUDGET:

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DIFFERENCE:

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SUNDAY

MONDAY

TUESDAY

WEDNESDAY



MONTH.

[illegible]



DEPARTMENT OF
HIGHER EDUCATION &
WORKFORCE DEVELOPMENT

P.O. Box 1469, Jefferson City, MO 65102-1469
800-473-6757 // 573-751-3940
info@dhewd.mo.gov



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[Journey2College](#)



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